



Ray wings were reduced to £2.38 a few days ago in the local Supermarket. So as we'd enjoyed them last time, Sue decided to combine two recipes and create this.

Ingredients:-

4 tbsp Oil
2 Ray Wings
Juice of 1 Lemon
8 Green Olives finely chopped (Steeped in white wine vinegar)
2 tbsp chopped Parsley
150g of Mushrooms finely chopped
1 Onion finely chopped
25g of Butter or Margarine (A little extra for dotting the fish)
25g Flour (Gluten Free in our case)
100g Crated Cheese (Cheddar)
1/2 Cup of Cider
Milk
Salt to season

Method:-

- (1) Heat the oven to 200c.
- (2) Scatter the Mushrooms & Onions on a shallow tray.
- (3) Place the Ray wings on top and season.
- (4) Dot a few pieces of butter over the fish.
- (5) Add a squeeze of Lemon juice.

- (6) Pour the cider around the fish and cover with foil.
- (7) Cook for 10 minutes. Do not cook the fish completely as you will be grilling it to finish).
- (8) Keep the fish warm as you melt the Butter and slowly add the flour to make a roux.
- (9) Add the Mushrooms, Onions and cooking juices and whisk until thickened.
- (10) Add a little Milk then mix in the grated Cheese and Parsley until combined.
- (11) Add the chopped Olives and mix thoroughly.
- (12) Place the Ray wings in an oven proof dish and cover with the sauce.
- (13) Sprinkle with more grated Cheese.
- (14) Place under the grill until the Cheese has melted.
- (15) Garnish with either chopped Coriander or Parsley leaves.

We served ours with deep fried Potato scallops and a side salad.